

The Secret to Authentic Italian Bolognese Sauce

Yield: 14 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/secret-recipe-in-italian>

Ingredients:

- 1 tablespoon butter
- 1 tablespoon olive oil
- 2 carrots minced
- 2 celery minced
- 1 red onion minced
- 6 cloves garlic minced
- 1 pound ground beef higher fat
- 1 pound italian sausage
- 2 cups roasted tomatoes
- 30 ounces tomato sauce
- 15 ounces fire roasted tomatoes
- 2 tablespoons butter
- 1/4 cup heavy cream *SEE NOTE
- 1/4 cup milk
- white wine dash of cooking, *SEE NOTE
- 1 lemon
- lemon juice A squeeze of
- 1 dash nutmeg
- 2 bay leaves
- salt
- pepper
- Parmesan cheese for serving

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 65 milligrams

4. Fat: 23 grams
5. Fiber: 5 grams
6. Protein: 15 grams
7. SaturatedFat: 10 grams
8. Sodium: 730 milligrams
9. Sugar: 7 grams

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